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Page 3

# SPOKE

A CAMPUS NEWSBOM FOR JOURNALISM STUDENTS

Hourtime  
laughter  
Comedians join  
with students  
in Sanderby  
Page 6

WEDNESDAY, JANUARY 26, 2011 CONESTOGA COLLEGE, ANTONIAR, ONT. WWW.CONESTOGACOLLEGE.CA/STUDENT 416-223-6100 • PG. 1

## Glee rocks Conestoga's socks

By MANDY LEVANSKI

You don't have to be a geek to enjoy the movie.

Conestoga College now has its very own Glee club, which is open to any student who can sing and who has the courage to perform.

The founders of the club, Lyndee Bamberford and Katelyn Bamberford, both aimed to get their fellow students to sing. Bamberford has decided to dress herself as "Glee students." With a passion for singing and a healthy obsession to the TV series Glee, they decided for their term to put a club together where students with the same interests can sing in harmony.

"This is an environment where you can be yourself," said Katelyn Bamberford, a third-year business management student and a member of the club. "It's a place where teamwork, passion, creativity, and talents come together."

Students for the club were advertised through posters being around the school in the first semester. The club has a solid crew together already, but others still have the opportunity to join.

"We were looking for someone who could carry a tune and just perform on general, even if they were nervous."



PHOTO BY MANDY LEVANSKI

The members of the Conestoga Glee Club sing, inspired by John Lennon during their rehearsal in the school on Jan. 26.

Bamberford said, "Learning to everybody else a talented person can be someone."

Students who came out for auditions and took part in a few song tapes were selected. "We thought it was going to be difficult," Bamberford said of recruiting members. "We didn't just put a lot of posters in around to really put in word of mouth. I was surprised."

The Glee club has already caught the attention of the right people. Bamberford was contacted by Darren Frost, Sanderby City Mayor's event coordinator, and was asked if the club was willing to perform during Scott's tour. It was an offer the club gladly accepted. The crew will put on an acoustic performance at City Hall on March 18.

Another performance is

scheduled for January week at Conestoga in February, where they will be performing in the Alumni to celebrate multiculturalism.

With a couple of other shows scheduled throughout the semester, and a final performance at the end of the school year in the Humanities Theatre at the University of Waterloo, the club is looking forward to put on great shows.

But without Hollywood touches and choreographers, these students have to put in a little more effort to pull off a smooth performance.

"It's the dedication of club members that will make it a success."

"We're amazed that people won't assume," Bamberford said. "We want this club to be professional. It's supposed to be that, but also added point. We just need to keep people focused on what we're doing."

Facing the perfect storm, making the songs in various genres and doing the choreography but all being a challenge. With each rehearsal they are clearly something out, the rough edges are improving.

"It's frustrating and very challenging," said Bamberford, who is also a choreographer for the club. "What I think is hard is more challenging for others, as I don't sing."

During practices there may be some frustration and confusion, but the students carry on. "It's a great experience by the laughter brought from songs. Despite the challenges, the members of the club want to remember why they joined in the first place, for their love of singing."

Those who had signed up for the club will want to be a part of the club and submit their request for admission.

## More students paying Counselling Services a visit

By NATHAN MCGILLIVRAY

As time goes on, students at Conestoga College are less concerned about keeping their feelings to themselves.

According to Sherrine Bernard, a counsellor at Conestoga's Counselling Services office, more students are coming in seeking a full assessment. She said this is because students tend to feel during their orientation as if everything is going well but then when they start their classes, they find themselves having to go through a stress or full adjustment phase.

"But we have more students who are starting to see problems that means, as they would be going through that initial adjustment that every student went through in the fall," she said.

In addition, Bernard noted the number of students who report feelings of depression is possibly higher in the winter.

"We have more students who come in, and whether they're been diagnosed with depression or not diagnosed and just report feeling down. We talk to them about our social effects disorder," she added. "I've had some students who recognize personally that they go through cycles and that things are more difficult for them in the winter."

But depression isn't the only problem students often face around this time. Jacqueline McLaren, associate director of Student Services, said, "We often see a dramatic increase around stress level around coping and managing load around dealing with anxiety."



PHOTO BY NATHAN MCGILLIVRAY

Jacqueline McLaren, executive director of Student Services, stands outside the Counselling Services office on Jan. 26. McLaren noted a dramatic increase in students' stress levels and anxiety during late fall and early winter.

— when we come into late fall and early winter. Depression and it does happen."

Early frequently that a common trend involves refers a student to the Counselling

Services office, but more often than not, students show up on their own.

She thinks students are generally more willing to talk to professionals now than in previous years because coping is less taboo and normalised. She also believes students are starting to realize Conestoga's commitment to services and that they're free, voluntary and confidential.

Students who are feeling overwhelmed and are unsure of who they should talk to can contact the Counselling Services office at 508-744-1800, or go to Room 1410 at Lake Campus. Office hours are from 9:00 a.m. to 4 p.m., but appointments are available until 5:30 p.m.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could bring any famous or historical person back from the dead, who would it be and why?



"Mark Ledger because he was a (good) actor and I would love him to do what else he could have done."

**Mark Ledger**,  
first year  
artist

"Bachoven, to see what he could accomplish with more instruments and better technology."

**Kathryn Busch**,  
first year  
CIS/PA



"John Lennon so he could finish what he started."

**Ryan Porter**,  
second year  
business/marketing

"Princess Diana because she was a role model you could actually look up to."

**Megan Johnson**,  
first year  
interior decorating



"Mike, to try to understand how everything got to the point that it did."

**Mike Chaffin**,  
first year  
business/marketing



"Christopher Columbus because we share the same first name and he'd have some great thinking stories."

**Chris Parsons**,  
third year  
accounting



Conestoga College: you could be our next respondent!



Photo submitted

The Kitchener Public Library's annual photography contest is open to residents of all ages. Last year, first place in the adult landscape category was awarded to John MacNeil for the above photo.

## Get that camera out KPL photo contest underway

By LISA SHAW

The Kitchener Public Library's annual photography contest is underway, with a few changes.

"This year we have only one age category," said Stephanie Schmidt, a graphic designer with the library's marketing and communications department. In the past there were separate categories for adults and youth.

The Kitchener Horticultural Society has also jumped on board with the addition of a new category: Backyard Gardens, which involves any photos taken in the Kitchener park.

"We chose to participate in the Kitchener Public Library Photography Contest as it is another way in which we can build the awareness of all horticultural societies to reach their communities about bot-

anywealth," said Bruce MacNeil, vice-president of the society as an official.

The photos pertaining to Backyard Gardens will be judged by the Horticultural Society, most likely by Maryanne Weller, a board member.

"Wilder has participated in a number of photography contests herself and won awards for her entries," MacNeil said. She has also contributed her photographs to local newspapers.

The competition's other categories including people, nature (landscapes), urban (streetscapes), architecture and photo manipulation, will be judged by professional photographers from the Waterloo Region Record and photo manipulation artist, Lutz Gross.

The competition is in its fifth year and draws entries

from both amateur photographers from all over Waterloo Region.

"In previous years I've had as many as 2,000 entries," said Schmidt.

This year the winners will attend an award ceremony where the photos will be projected on a large screen alongside a public display by Rod Fitch, the Record's photo editor.

The only thing missing is a schedule, which can be held any day to spare limitations owed by the main branch's renovations.

The contest will also be displayed on the newspaper's and library's websites. The grand prize is a \$200 gift certificate from Home's Camera and Photo Supply.

The contest closes Feb. 28. Winners will be announced in the spring. For more information, visit [www.kpl.org](http://www.kpl.org).

### Cartoon of the Week



# Working to prevent sexual assault

By **BARBARA SPYTON**

"People are afraid to sit on the sidelines," said Laura Campbell, "but it does exist."

Campbell, the supervisor for Barber-Colman Security Services at Greenstegs College, feels strongly about aspects of the statistics at even staff are concerned or even aware of the possibility of sexual assault. She sits on two committees in Waterloo Region that coordinate efforts to address and prevent sexual violence.

According to Statistics Canada, over half of all Canadian women have experienced at least one incident of physical or sexual violence since the age of 16.

"At the meetings, I represent the college and the community," said Campbell. "Domestic Assault Response Team is a community-based, ongoing committee. Its purpose is to facilitate an effective approach to responding to domestic violence." The Sexual Assault Response Team, in essence, has become more an anti-domestic violence.

"While police statistical reports reflect high levels of domestic violence incidents, we know that their reports reveal only the tip of the iceberg," said Doreen Gaudin, of the Sexual Assault Response Centre of Waterloo Region. "Recent statistics have shown



only low reporting rates, more than 50 per cent of victims do not report their experiences to the police. In the case of domestic violence, between 66 and 74 per cent of female victims do not report their experience." Campbell leads up both committees. The national site quoted some from *Sexual Offences in Canada*, a publication put out by Statistics Canada.

While the ratings may seem like a safe environment to sleep, it is a high risk environment because it reflects a high percentage of high risk individuals. Women between the ages of 16 and 24 are four times as likely to be assaulted as any other age group, Campbell emphasized.

Twenty-five per cent of all female post-secondary stu-

dents have been physically and/or sexually assaulted by a date or boyfriend, according to Holly Johnson's book, *Empowerment: Violence Against Women in Canada*.

Prevention is the key. It is helpful for anyone to recognize and avoid any situations that could turn sour. However, if you can't avoid a boyfriend, you should know how to deal properly with it afterward. There are many opportunities within the college and outside to help your friends avoid it and deal with it.

"We very important that people are aware that there are available to them," said Campbell. "In the college itself, all security officers have had mandatory training."



**Laura Campbell, supervisor at Security Services at Greenstegs College, is in two recent search promotion committees.**

Campbell will also help Doreen Wilson in the director of Safety and Security at Greenstegs College. He help support Campbell in her endeavours.

"For us it's an opportunity

## CONTACTS:

Shows of the organizations in the community include:

- **EW Counseling**  
— 525-584-5200
- **Women's Crisis Services**  
— 525-743-2894
- **Waterloo Region Sexual Assault and Domestic Violence Treatment Centre**  
— 525-743-6894
- **Domestic Assault Support Centre Crisis Line**  
— 525-743-5353
- **John Howard Society**  
— 525-743-6371
- **Midale Crisis Unit**  
— 525-743-3523

## At Greenstegs College, contact:

- **Laura Campbell at Security Services**  
— 525-584-5226, ext. 5387
- **Counseling office**  
— 525-584-5790
- **Dean, ext. 5560**

Waterloo, Ont. N2L 2G9

to see how the community is working to respond to sexual and domestic violence," he said. He stressed that when Campbell hears, she shares with the rest of the university staff. "I think it's great that she's participating," and shares back, before co-ordinator for Barber-Colman at Greenstegs.

# Enrolment growth tests college's bookstore

By **BARBARA SPYTON**

The start of a fresh semester has meant new textbooks and supplies. The task can seem daunting, but staff at Greenstegs' bookstore, which sells everything from textbooks to integrals, is here to help.

"As the enrolment at the college continues to increase, the size of the bookstore is sometimes a limiting factor in being able to effectively accommodate students in our new peak startup periods," said Mary Andrews, the manager of retail operations. "We make every effort to ensure that all students can access needed by visiting second early and offering online ordering in order to avoid the hassle."

By now, some students find themselves trapped in long lines. Others, however, were able to avoid waste by ordering online. Maths and mathematics students Christine Woodward found the service at the bookstore

reasonable despite the wait.

"I've never really had to wait as long for a textbook long amount of time. I understand that the bookstore can be quite busy at times and they're doing everything they can to speed up the process," she said.

According to Andrews, late-ups can be easily avoided by coming in the morning.

But, while a student is doing it, she says they need to be out of there. "She has some advice."

"If a student visits the bookstore and their textbook is not in stock, we always advise them that they check out options to determine what the stock is on hand. This eliminates making multiple trips to check on their text books. If a textbook is in order we will take students names and call them when it arrives," she said.

After consulting laws and having all required texts, what else should Greenstegs students look to staff?



**Students line up for new textbooks at the start of the winter semester. An increase at the college continues to increase, peak startup periods can mean long lines for students.**

"I'll could offer you a valuable piece of advice to students. I would be to bring with their receipts. We rarely accept a return without a receipt. Students should also keep

their notes in perfect condition and return them promptly by Friday the week of a return or otherwise," said Andrews.

Students such as Woodward

were pleased with the service at the bookstore, saying staff are extremely kind and helpful. "Just know the price of textbooks," Woodward said jokingly.

**REPORT BY BARBARA SPYTON**



# 102.1 the Edge did the right thing

A few weeks ago while driving to Catocterus College I had my car tuned to 102.1 The Edge, a Toronto station. They had a morning show called The Dean Blundell Show where Blundell, Todd Blagrove and David Williams have a laugh making fun of others and themselves most of the time.

On this particular day they tuned into a conservative talk radio station, *Phelps from the Western Baptist Church*, where he will discuss for his audience protests on any topic he chooses. The main



Sam  
Reid  
Opinion

focus of the interview was to convince Phelps to stay away from the funeral of nine-year-old Christa Taylor who died as the shooting that took place at *Arsonia*. Phelps refused to agree as the funeral is open to everyone although the life shooter was not from God. In order to see his her a dead Blundell pre-

sented to allow her air time on the show. I thought that took major guts and I, for one, believe Blundell did this as a compassionate act, not for a story. It was hard for me to hear people say that it was just posthumous judgment on giving the woman air time to open her ridiculous religious views.

A few days later Blundell explained that he as not a journalist, he was not trying to create a story for ratings, he was simply trying to do what most of us wish we could have done. He attempted to keep this psychotic group, yes, I call them psy-

chotic and disgusting, from disrupting one of the saddest days in family would ever be forced to go through.

Sam Reid (Blundell) to be generous and it's hard to

**The main focus of the interview was to convince Phelps to stay away from the funeral ..**

disagree with that when he speaks to balance about "What happened," a man

what made her an innocent as these people will to find where their 8 million dollars in hopes of winning consent or money (asked), but I have never found him as innocent when he was convincing Phelps to stay away from the funeral.

Blundell did a enough to do as his interview to trust that they would be balanced what Phelps was saying, and as a listener I can assure you that, if anything, her air time made me dislike her more that much more.

So I tip my hat to these boys.  
Well done.

## Skins censored is Skins ruined

*Skins*, the controversial TV teen-drama sensation in Britain, has been banned for North American audiences. While some critics playing the under role, you'd expect this new ratings, during Mondays at 10 p.m., to be so successful as the original, that there is not any difference between the British and the American version that makes me want to sit this screen out. North American censorship.

Made for the British channel E4 in 2007, there quickly rose in popularity, despite using obscene scenes, its sensuality and graphically sexual depictions of high school life, explicit references, and received many different *Skins* with reality, frequent scenes of drug use and extremely vulgar language, the show is known for being a real portrayal of how nonviolent high school can be for a lot of teens. It is their disregard for censorship and lack of fear for showing teens doing drugs would not take them away from their teen image and really popular.

In North America, our long-standing standards are different, and so our version of the show is being made for MTV. It will be a very different *Skins* than the one audiences of the U.K. have experienced. According to a Jan. 18 article on the Toronto Star, executive producer Matt Jones said, "We are working in a different environment with a broad cast network in North America, so we are careful with language and content." This sounds to me like the U.S. censors to taking away things that were special about this show in the U.K. and not



Emily  
Barrett  
Opinion

lost about.

In Canada, *Skins* has been the most controversial of back at high school life in a TV series, and if we are honest about it, even this is a major censored version. *Skins* is not glamorizing the drugs and partying, but as the same time it isn't showing a realistic picture of just life. It is just a look at how high school life is, and it will make teenagers who watch have good questions about the drug use they're seeing on screen and in real life.

For those who think the censorship is a good thing due to the fact that it is a high school drama, I say high school is the perfect time for young adults to be exposed to the type of show. That is the time when teens are still living at home, and we still somewhat under their parents' influence. A show like the British version would create more open conversations between teens and the adults in their lives.

I think the censorship plans made of our country will completely ruin what was so special about *Skins* in the first place. The less over that new series has done nothing to make me want to watch on my TV for the previous why there I want to do a hard over to HBO to buy the seasons of the original and uncensored version.

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STUDENT LIFE

# Comedy nooner kicks off new semester

By KATHY SCHLAE

Conestoga Students Inc. kicked off the new semester with a laugh, treating students to performances by comedians Mark DeBono and Glenn Lohm.

The Sanctuary was just opening on Jan. 18 with no plans to open to attend the first comedy nooner of the year. Judging by their reaction, it is safe to say that the event was a success.

"I thought the comedy nooner was great," said Kristin Rudin, a second-year business management student. "When Mark came on, I thought he was pretty funny, but Glenn was better." The comedy noons are always pretty good and this one was no exception.

Past to problem with DeBono, a Sherbrooke native who began his career only three years ago. He has travelled throughout Canada and the United States, even managing to win a Canadian Comedy Award for Best Newcomer. DeBono's dry and sarcastic sense of humor was a huge hit with the crowd, and a large part of his act involved poking fun



The Sanctuary is filled with Conestoga students eagerly listening to Glenn Lohm's comedy set on Jan. 18. Part of Lohm's act was poking at audience members, who were good sports about it.

at himself.

However, when headliner Glenn Lohm took the stage, he asked about his ethnicity (he is black) and the laughter got louder. He was not afraid to use his ethnicity to his advantage. On top of that, his constant involvement with the crowd

had students wildly cheering. Lohm jokingly poked at almost everyone present at the event and did so brilliantly.

Beginning his career as an MTV host, Lohm has come a long way. He has performed at the Just for Laughs festi-

val and appeared on Comedy Central multiple times.

Although the event seemed successful, there was some confusion behind the scenes.

The comedy nooner was OK, but due to the weather they showed up late and the event did not go as

planned," said Tara Herrod, event co-ordinator for CSI.

This event is only the first of many that CSI has planned for students. To see other events and activities being held this year, students can go to [www.conestoga.ca/students/activities.php](http://www.conestoga.ca/students/activities.php).

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# Crime is constantly in the news in K-W

## By MARSHALL HARTMAN

What was once a calm and contained region is slowly being taken over by crime.

Over the past few months, there have been many shocking headlines about crime-related activities including robberies, kidnappings and numerous homicides.

There has always been a fairly low rate of crime in the region. However, over the past few months, crime has been a frequent occurrence.

Although there is still a question as to what time of year the most robberies and

crime actually occur, recent incidents have many sharing that view: it is the warm time.

However, according to Waterloo Regional Police Services, that may not be the case.

"I checked our statistics and found that residential thefts and break-ins peak at the summer months and actually decrease throughout the fall," said police spokesperson Cliff Hunsell.

However, there have been several shocking crimes of late.

There have been robberies at Don Ross Jewellers and

People's Jewellers in Fairview Park Mall and Koff's Jewellers at Conestoga Mall, double robberies, including the fatal killing of a 39-year-old man on Don Ross Trail, an Eckstetter and a variety robbery attempts at both bank stores and ATM machines.

While two youths, 16 and 18, have been charged with several degree murder in the slaying of John Louis Fournier on Don Ross Trail, a few weeks ago, police are still investigating the small robberies.

"Police continue to work

with the business community to evaluate store security measures and work in conjunction with mall security personnel to reduce incidents through proactive measures, public awareness and enforcement," said Hunsell.

These examples hardly scratch the surface on recent crime-related activity over the past few months. Conestoga students have also been victimized.

One Conestoga student who experienced crime first-hand said she'll never be the same after what happened to her.

On Labour Day, the apartment of second-year public relations student Melissa Gervais and a few Conestoga classmates was vandalized. Items were tipped over, items were stolen on the floor with clothes scattered all over the place and several valuable items were stolen.

"We had two computers stolen, a hard drive, two video cameras, a digital camera, DVDRs and other items as well," said Gervais. "The police were able to find a burglar in, but once the police officer left we didn't hear anything else from them."

"I feel like people are targeting the houses around the campus because they know they are lived in by students," she added.

Being victimized wasn't the first time Gervais was a victim of crime. A few months

ago she and a friend were pumped near the Don Ross Mall. She was pushed to the ground while the two suspects beat up her friend, breaking and punching him, leaving him bleeding and badly injured.

Gervais still tries to go on like nothing happened but said it has been tough living the victim of crime.

"I don't feel safe in this area. There have been too many crimes, someone was stabbed in the supermarket, plus countless houses have been broken into," she said. "And because of these incidents, K-W has left a bad taste in my mouth."

Waterloo Regional Police Services aren't promising an ending on recent crime activity in the region, but rather focusing on what they have things done to ensure residents are safe.

"Waterloo Regional Police enforce safety in our streets 24 hours a day, 24 hours a day," said Inspector Gregory Lamont.

If you don't feel safe around the campus, Conestoga College offers a Walk Safe program which consists of escorts who will walk you to your car or residence from 9:45 p.m. to 10:45 p.m. Monday through Thursday. For more information, contact Security Services which is located on the second floor in Room 2B15-4.



PHOTO BY MARSHALL HARTMAN

During the trip, the safe to walk down the 1.5-kilometre stretch of Don Ross Trail from Intersected Park to Victoria Park. At night, it is a completely different story. The city is currently in the process of determining whether or not lights should be implemented along the trail after 60-year-old John Louis Fournier was stabbed and killed.



PHOTO BY MARSHALL HARTMAN

## TEA TIME! IT'S GOOD FOR YOU



PHOTO BY MARSHALL HARTMAN

Are you looking to get a head on that weight, less motivation? Tea is high in antioxidants and minerals that can aid in weight loss. Get with your local tea shop and talk to their staff about the benefits of drinking tea while maintaining a healthy diet. Two local shops to visit are Teapots in Fairview Park Mall and Endlessly Tea in

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# Season of the Witch entrances audience

By AMANDA BARNES

Strangeness, magic, spells and politics have been igniting up the cinema screens for years. Fantasy and magic have become mainstays in the stars and drops to over 50 million dollars films in the past decade, audiences continue to drink up these fantasy worlds. But magic was not always an entertaining feature of the flick, a new film from the annals of cinema, *Season of the Witch*, transports the audience to the Crusades, and to the journey of two soldiers in the army of God.

Witches are feared, as evil and to be destroyed. The fate of the witch lies in the hands of the church, and women believed to be the evil practitioners are being burned or hanged alive.

In two crusades, Belgium, played by Stellan Skarsgård and Peter, played by Ben Barnes, travel through Europe they find towns and villages decimated by the black plagues. Through their interactions with the townspeople, they are enlisted to transport a witch, played by Claire Hays, accused of using magic to kill the plagues, to Denmark. A comic story in the beginning of these destinations, where the

girl will be judged by the monks. Their journey is shaped by Cardinal Becket, played by Hayman, the sorcerer, Robert, a general knight, and Ray, a young man desperate to prove himself and become a knight.

*Season of the Witch* are a re-imagined theme throughout the film, and the dark colours and tones stir up feelings of mystery and hopelessness. A knight, grieving after the death of his daughter, a woman tormented by her actions in the war, a politician will talk to, lead, or try to understand her plight. First of the witch, the plagues and the dangerous trek ahead of the crusaders make even the smallest problem seem monumental and the group fight together to complete their mission and save their lives.

This movie is not designed for the light of heart. A dark and brooding film it offers little comfort to the audience. An overwhelming mystery keeps any hope of a woman and the events in the past leave your head spinning for days.

If you are in the mood for a cinematic comedy, this is not your movie. But the *Season of the Witch* does bring out the best of the genre, magic and special effects. A Tolkien



A young woman (Claire Hays) is suspected of being a witch, and the responsibility of delivering her to 1094 monks belongs to Robert (Stellan Skarsgård) in *Season of the Witch*.

magic design adds to the feeling of mystery and the importance of the quest at hand.

Although it is not a comedy by any stretch of the imagination, a few well-placed comic relief moments bring genuine moments of light to the dark

take.

Despite the film being dark and having a feeling of hopelessness for much of its two hours, it is a gem in a time that films tend to rely purely on special effects to float.

Based on a novel, this is a visually and thoroughly fun, however,

it still received a standing ovation during its opening weekend. Raw emotion, pure talent and a plotline that leaves you gasping makes this one of the best films I've seen this year.

It gives the concept of the Witch four out of five stars.

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## Find your direction with Career Directions

By CAROLANNE JOHNSON

Are you on the right, program? If you're not certain, Career Directions can help you figure it out.

The three-part workshop run by Career Services and Advancing takes place on the first three Tuesdays in February, from 9:30 to 3 p.m. The live workshop will help students assess the career direction they're down, find useful online career resources and learn about the myths and realities of career planning.

Students who attend all three parts of the workshop will receive a certificate of completion. To register, go to MyCareer under the services tab in the student portal. There's limited registration, so if you're interested don't wait until the last minute.

Career Directions focuses heavily on making sure you're heading in the right direction.

"We look at interests, values and goals as they relate to career planning," said Karen Shuman, a career adviser. During the workshop, Monette Jay, Treasurer and Tina Grubbschick, an advisor for the Strong Interest

Inventory assessment, will find out where your ideal career could be. The 10-page report measures interest in general occupational themes, basic interest scales, personal style scales and occupational scales.

"It's pretty common and very informative on multiple scales," said Tamsenve. Career Services and Advancing assists students with all aspects of their career planning from information about studying abroad, to advice about changing programs.

There will be a workshop aimed specifically at students who are the first generation in their family to attend college taking place in the same week, on the Mondays. To register for that, visit email: [Monette.Jay@laurentian.ca](mailto:Monette.Jay@laurentian.ca), or phone her at 616-744-6229, ext. 2279.

If you miss the workshop, you can still meet with a career adviser to discuss your goals. To book an appointment, drop by the Career Resource Centre, located in the Student Career Services Building, visit 616-744-6229, ext. 2219 or email [carri@laurentian.ca](mailto:carri@laurentian.ca).



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Doon Campus - January 24, 2011



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# HOROSCOPE

Week of January 24, 2011

**Aries**  
March 21 -  
April 19

Your hand will have had enough of you and will drop past you. You will no longer be welcome in their shoes. Start a solo act.

**Taurus**  
April 20 - May 20

You know that linking you get when you're being watched? Spend moments checking over your shoulder. It will pay off. Romance may not wear your shadow.

**Gemini**  
May 21 - June 21

So sorry, Gemini. Turns out you were a Taurus all along. From now on you should just check their horoscope in figure out how to live your life.

**Cancer**  
June 22 - July 22

The missing global convergence of energies will wait on your consciousness. Then you will wake up and realize that your entire life up till now has been a dream.

**Leo**  
July 23 - August 22

Start collecting super powers. When the world ends this week, that'll be a superpower. When you'll have the food and survival.

**Virgo**  
August 23 - September 22

Get over your this week, once again a warning. Your performance can still make the same along with your upcoming medical treatment.

**Libra**  
September 23 -  
October 23

Spend some time with family this week. You'll remember why it is you spend so much time away from them.

**Scorpio**  
October 24 -  
November 23

Be prepared! You never know when a tornado is going to start ripping through your house and your house alone. Pick a lunch. Avoid large trees.

**Sagittarius**  
November 24 -  
December 23

The number 18 is your lucky number this week. Keep an eye out for it. And change are going to happen around it. If you are on the 18th floor, I'm so sorry.

**Capricorn**  
December 24 -  
January 19

This week, you will win the lottery and live on the sixth month at the next new moon. You will get lots of media attention, but not the work on you.

**Aquarius**  
January 20 -  
February 19

When you relax content of a small business because security this week, remember to take the advice of the old "Red Devil" but not.

**Pisces**  
February 20 -  
March 20

Did you know that 100% of everyone you know is saying something behind your back? It's true. Ask them. Remember if they say otherwise, they're lying.

Paul Levine carefully examines the stars and then updates them for your amusement

# Judging the Idol judges

By ERIC FARMAN

Every time I watch an episode of *American Idol* I leave an annoyed, disgruntled and many times vomiting after getting angry at my TV.

It's always been an interesting show but there are some definite flaws in its makeup. Personally, I watch the show because I love music and it's exciting to see others displaying their talents for the world. But if I could change one thing about the show, it would have to be the judges.

Why is it that the judges on most reality shows are people who know extremely little or, perhaps, nothing about what they're judging? It's really annoying to see the most intelligent people on the show going home because instead of it being a competition about the music, it's a complete popularity contest.

It's easy to point out during

the audition process that the show is attempting to create bright, talented and charming acts who often choose to perform in front of the most discerning judges.

There is a series of screen test processes and only the best are supposed to make it to the final stage and possibly on TV. So you know when there are extremely horrible people screaming in front of Randy, Simon and Paula that the purpose is just to entertain the viewers. It's not real life.

I know many people watch the show mainly to hear the judges' opinions. They enjoyed seeing Simon rap on people's behalf, or look at, or like to hear Randy's boring regurgitation that people seem to value as higher. All I think when I hear the judges speak is that they have no idea what they're talking about.

The new judges for this upcoming season are Jennifer

Lopez and Steven Tyler who just barely finished. This doesn't make me feel any better.

Just because someone is a star doesn't mean they know how to train another star. Many judges don't know anything about music theory and the proper way to work their vocals, they just do what comes naturally to them. That's why there is a huge difference between the sound of a classically trained vocal and one that's largely untrained and drastically altered.

The best of judges I want to see are university professors who study and teach vocal or the director of a choir. In other words, people who end to know what they're talking about.

Music isn't about looking a certain way or acting a certain way; it's about the music, piano and people.

Two bad the Idol judges don't get this.



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- Sign designer

- Health educator
- Research architect
- Historiologist
- Sound mixer
- Sports agent
- Mathematician
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## RESPECT COMMITTEE RECRUITING VOLUNTEERS



PHOTO BY LARISA MIRONOFF

Kiana Williams and Danielle Huggins, a first-year respiratory therapy student, stand in front of their Respect campaign display in the Student at Conestoga College on Jan. 12. Huggins and Williams are two Respect leaders and are trying to recruit volunteers to be a part of the Respect Student committee. Volunteers will only meet every other week, and help with planning and organizing various Respect projects.



## DC Universe Online punches out the competition

By PAUL IVERSON

There is, hands down, the best launch of an MMOG I have ever seen.

There doesn't strike it the best MMO currently out, but DC Universe Online is not going to go the way of All Points Bulletin, which shut down after only a few months with its server open.

For those who may, DC Universe Online lets you build a hero or villain in the DC Comics Universe (well, at least an alternate universe variant of one) where you play a normal person who has been selected by one of the villains Batman's enemies, called by Superman villain Lex Luthor and released into the atmosphere as a last-ditch effort to combat the greater villain's plans. Basically, you get selected, and then you get super powers.

Since the launch of the game, I have only had it crash once, which is considerably more with most MMOs. You can expect major stability issues even just on a patch day let alone immediately following the launch.

The character creation system (and here I mean a lot of superpowers that is more important than coverage) is fairly robust. The costume options are a little less



## Video Game Review



expressive than in City of Heroes/Villains, but, overall, better designed. You can change your costume, the first, every point during the game, with some costumes not being collectible. This means you can have the stature of some piece of equipment, with the preferred look of another piece. Some customizability as never had though. On that note, the graphics are just beautiful no matter what you're doing.

The combat system is both better and worse than other systems in the genre.

There's been some talk about the control scheme but I have been told if you are playing on a console and keyboard, but I haven't really seen it. There is a relatively little window when it comes to fighting, but as far as I haven't been game breaking for me. If you're played, Batman Arkham. Anyhow with the keyboard and mouse you'll definitely be fine with the game.

PVP is fun and intense. You

select different characters to play in an arena-type setting. You can start out with Harley Quinn, while heroes get to play the boy wonder, Robin. Winning PVP matches gets you points which you can use to select other heroes and villains, each of who plays completely differently.

Fighting is more action oriented than an other MMOG. Expect to be doing a lot of mouse clicking as though wanting to pull off combos. This is actually a plus, though, as combat is actually fun, rather than a brain numbing chore.

The programmers also did the game a service by giving you full access to one of three basic movement powers right from the beginning.

This game is definitely one I recommend if you can find a demo, it's worth a shot to see if it's your sort of game. DC Universe Online is available on the Steam distribution platform for \$49.99 and costs \$49.99 a month to play and so is on par with other MMOGPs on the market.

# Congratulations

to the Conestoga students who completed the  
Connect Leadership Workshop Series in Fall 2010!

Mark Aron, Danielle Bedard, Heather Barker, Bethany Brasseur, Lori Bauman, Kathryn Benoit, Ben Brunkard, Stephanie Cassidy, Katherine Crighton, Rachel Dostle, Rulendo Dube, Amy Eaton, Pete Grllo, Samantha Karidas, Casey Klomp, Alexander Kostuk, Kevin Laikman, Lauren Latimer, Janice Luey, Alejandro Larios Pangray, Julie-Anne Lloyd, Colleen McWhinney, Melora Newell, Steven Penner, Zolt Pops, Sebastian Sannes, Elizabeth Santos, Paula Schults, Shannon Tessier, Alyssa Van Eck, Caterina Vivarbo, Amanda Wesley, Shelley Wilson, Turey Wu, Tracey Zetter

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# Everyone deserves a second chance

Second chances in life are rare, and need to be made the most of.

A little over three years ago, Michael Vick was a name that I used as a reference, one mingled in business circles, but that would often be associated as unacceptable, not that I needed to be proven for more to two years.

Now however Michael Vick is a name that is associated with NFL quarterbacks and the constant threat of a quarter back.

I have to admit my head is shaking when I see the statistics Vick just set this year. My eyes widen when I see his



Brandon  
Beach  
Opinion

150.2 quarterback rating along with his 3,001 passing yards, 21 touchdowns in six interceptions and the 578 rushing yards and nine touch downs. My jaw drops when I see he didn't play four games of the season.

But for me I really don't know what is more impressive, his statistics or the 150

degree turn his life has taken. On Dec. 10, 2000, Vick was sentenced to 18 months in prison for running an illegal dog fighting ring.

On April 3, 2001, Vick told NFL Commissioner Roger Goodell he was a changed man and his future career would show that. I must say they must definitely have

He has helped out homeless families in Virginia and Georgia and talked to elementary students about the results of dog fighting.

People said there may not be as early doing this as anyone has caught but those people don't know he hasn't taken

into consideration the last former NFL coach and owner Tony Danza has devoted to helping Vick change.

The prize and respect Vick has received for changing his life has been immense over the past two years. At one point in the past two years, Vick was a third string quarterback. When Donovan McNabb was released and Vick was given the job of backup quarterback, he has stood in like a man. He makes plays like he was in college, so throwing team scores under the line and no quitting on a team. Instead, Vick changed his role of back

up and when awarded the starting job, he looked like a Olympic runner. Even with the busy life of starting quarterback, Vick has given back to his team and community and has made huge strides in becoming a better person.

The jokes will always be made about Vick and the dog fighting but to me he is a changed man and has made a change for the better.

A second chance in the football field has definitely given Vick more than he needs but a second chance in life may be as hard as Vick needed to become the man he is becoming.

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- online [counselingrequest@conestogac.on.ca](mailto:counselingrequest@conestogac.on.ca)
- by Friday, January 28<sup>th</sup>

Group will run for 4 weeks beginning in February. See you there!

## Career Events this week

January 20 - 27

### Resume, Cover Letter & Job Fair Success Workshop

January 20 & 21, 11 a.m. - 2:00 p.m., January 27, 9 a.m. - 1:00 p.m.,  
Dean Campus, Room 204-111  
Registration required at MyCareer

- Learn how to develop and polish your resume and cover letter for maximum impact.
- Share resume tips, based on employer feedback, on how to make the most of a job fair.
- Learn how to best prepare to network with employers at the upcoming NMB Job Fair 2003.
- Spaces are limited, registration only.

January 27

### Home Depot on Campus

10 a.m. - 1 p.m.  
Dean Campus, Lecture Room 10

Representatives from Home Depot will be on campus to discuss employment opportunities.

January 28 - 31 and February 1

### Rapid Resume Review Clinics

11 a.m. - 1 p.m.  
Dean Campus, SLC, Lower Level Atrium  
Georgi Campus (January 28 only) Outside  
Registration is not required

Get prepared for the NMB Job Fair on Feb. 28! Drop by one of Co-op and Career Services' Rapid Resume Review Clinics to polish your job search documents.

Log on to MyCareer to register for resume workshops, events and more.

(From the Student Portal click on the "Services" link)

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# Wilmot goes wild for lacrosse

By NARA FORD

Canada's national sport is coming to Wilmot. No, it's not hockey, but rather lacrosse with the new Wilmot Wild Lacrosse Club starting up. Wayne Pudelek, who has

played lacrosse since he was five, is the driving force behind the club and after a long wait has finally been given the OK to open the club. This year they will hold try-outs for team members. Pudelek himself had to secure

them playing the game three times after losing his ACL while playing men's field lacrosse. However, he still believes something he's been doing for 25 years.

Not sure what lacrosse is? Lacrosse is a team sport

where players pass, catch and carry a rubber ball using sticks with a netted pouch at one end. The object of lacrosse is to gain points by shooting the ball into the other team's net. Until seven years ago lacrosse was Canada's national sport, but hockey was added in 1954, and now it is Canada's official winter sport while lacrosse is the national official summer sport.

"Lacrosse is a mix between basketball and hockey," said Pudelek. "It's similar to the flow rules of basketball and like hockey lacrosse is a physical sport with lots of contact."

The season starts in May and ends in August. Games will be held at the new arena centre, although

Pudelek would prefer to see the games played at the old arena.

"I love old arenas, the old rafters, the wooden seats. In the summer it's hot and sticky in there. We went to be in the stands sweating and yelling," he said.

Pudelek has been leading the movement to promote the new club in the area and hoping to draw crowds in with the idea of outdoor barbecues, activities and field games, and he is relying on the new money to come out and support the club. It's a small club, but about getting the old Wm. Humberg lacrosse team from the 1980's to come out for the home opener on May 3.

Visit [www.wilmotwild.com](http://www.wilmotwild.com) for more information.

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## COUNSELLOR'S CORNER Goal-Setting

Submitted by a student



I used to make New Year's resolutions that generally didn't last past January 20th. It is that brain feeling of having a chance to solve problems, achieve new heights and challenges that encourages us to set goals. As the New Year begins, we are often excited with our good intentions for positive change despite past resolution failures.

My experience at a workshop about change helped me to recognize why my New Year's resolutions never worked. I did I need more motivation. I needed greater goals or at least my long-term goals needed to be organized into really manageable steps. Many of us have the goal that may be set at first: "This semester, I'll get all A's" or "Moving on from a troubling relationship." As a result, we feel let down, frustrated even powerless when the first disappointing grade appears or the frustration continues.

Instead, a long-term goal, such as "I want my grades to improve this semester" is more attainable. A step-by-step approach might include attending all classes with only one absence as an exception, staying ahead by doing homework reading prior to class, and seeking help when necessary from faculty or a peer tutor. The latter are smaller, achievable goals that will almost assuredly lead to higher marks.

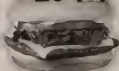
Set goals for you that are realistic, achievable and measurable. Future decreases confidence and motivation. Success builds confidence and motivation. For goal setting or any other assistance see a counsellor in Counselling Services. I did!

A Message from Counselling Services M1101

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SKATING AT THURMASTOWN

Skating along a freshly cleaned the surface of the Cambridge Centre rink is a great way to spend a few hours and stay active.

# Put hibernation on ice

## Stay active over winter by skating

By THURMASTOWN

Everyone that takes of your winter to go into hibernation. It's cold, we've all gained 10 pounds after a month of leaving around eating turkey and drinking eggnog and we're all looking for what to do to stay in a mild January day with no money in your pockets and a little extra fat in your sides?



On skating.

Bring some hot chocolate and a blanket and you're set

—Annie Parks

Living in the city allows you to take advantage of the approximately 20 outdoor skating rinks in the city. Some outdoor rinks, such as Robinson City Hall, are free. Others are \$1 a pop for afternoon skating or \$1 for a noon skate.

"I like to take the kids out once or twice a month in the winter," said Annie Parks, 35, a Cambridge resident. "It makes for a nice afternoon. Bring some hot chocolate and a blanket and you're

set."

And of course, you'll need skates as well. Living in Canada, I can't skip this anywhere not during a year, but if you are one of the millionaires few who doesn't, The Cambridge Centre will have skates for \$4.

This is a perfect way at this time of year to get out and enjoy the season, get some exercise and not break the bank. Being in college, that a student can't wait skating.

Don't know any good rinks? The following five should get you started:

- Robinson City Hall Cambridge Centre
- RUM Park
- Mapleview Arena
- Waterloo Rec Centre

# Get involved in intramurals and stay active this term

By KIMBERLY BELL

You may have missed the first deadline, but don't worry about intramurals yet.

If you're looking to get active this winter, and are looking at intramurals as an option, you need to act fast. Intramurals start this week, and if you are not already part of a team, you will struggle to find a team up as an individual.

"We try to separate people in the best we can," said Kate McCarty, who is in charge of intramural and recreational sports with campus recreation and activities.

If you are interested in playing dodgeball, ice hockey, indoor soccer, volleyball or basketball, get in touch with McCarty at 416-748-4311, ext. 2217.

If none of these intramural sports appeal to you, there are going to be more options coming later this semester. The activities staff is offering alternatives to these sports in the form of team tournaments. The planned events include a 10 on 10 basketball tournament, snow-park, a squash ladder and a mini-volleyball tournament. The activities complex is also offering recreational foot

balloon on Wednesday evenings from 4:30 to 5:30 during the fall semester.

"The opportunity to get involved in any of the many sports, whether it is intramurals, tournaments or other skills," said McCarty. "It's an opportunity to meet people and to be active."

Even if you're not interested in playing any of the games, checking on Cambridge's intramural hockey teams gets you out and meeting new people. For information on upcoming intramural events go to [www.cambridge.ca/campusrecreation/sportsandleisure](http://www.cambridge.ca/campusrecreation/sportsandleisure) page.



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